

Objective 25: Reduce deaths from Heart Disease

Maryland SHIP Vision Area 5: Chronic Disease

Tools, Resources, and Promising Practices

updated February 2012

Tool Intended Audience

General Public

Clinicians

Planners



Information, Facts, and Figures

[Heart Disease Facts and Statistics](#)

CDC's facts and statistics on the leading cause of death in the United States



[American Heart Association and the American Stroke Association Family Toolkit](#)

Family friendly ideas for decreasing the risk of cardiovascular disease: nutrition, physical activity, smoking cessation, understanding family history, and family advocacy.



[The Agency for Healthcare Quality & Research—Clinician Fact Sheets](#)

Best practices and clinical evidence to prevent stroke and heart attack.



Maryland Services and Hotlines

[Maryland Heart Center Services](#)

The University of Maryland Medical Center offers treatments and special programs supporting heart disease prevention and overall heart health



Promising Practices

[Million Hearts Campaign](#)

Toolkits, educational information for individuals, healthcare providers, employer groups and community organizations to reduce death and disability from strokes and hypertension.



[National Heart, Lung & Blood Institute—Hearts N' Parks](#)

Guide and toolkit to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



[Healthy Eating](#)

My Plate" nutrition guidelines, tips, tools, and assessment for healthy eating.



[DASH Diet](#)

Quick reference guide to the "DASH Diet" to reduce early death from cardiovascular disease and hypertension.



[The Community Guide – Increase Active Living](#)

Recommendations to increase physical activity and reduce obesity, a contributor to heart disease.



[National Heart, Lung & Blood Institute's Faith-Based Toolkit](#)

Religious themed activities promoting heart health and awareness.



Personalized Tools

[Life's Simple 7 Success Plan](#)

Online assessment, educational materials, care guidelines and action plans to prevent heart disease.



[National Heart, Lung, & Blood Institute – Risk Factor Assessment](#)

Quick, online 10-year risk factor assessment to identify risk of suffering cardiovascular death.



[Heart Disease Risk](#)

Assess the likelihood that you will experience coronary heart disease in the next 10 years with this risk assessment calculator.



Spanish Tools

[Go Red for Your Heart](#)

Resources in Spanish focusing on eliminating risk factors for heart disease and stroke and promoting a healthy lifestyle within the Hispanic community. Includes healthy, heart-friendly recipes.

